

Capitol Hill Fitness Center

Group Exercise Schedule

SEPTEMBER 2015



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:00a		Bootcamp Kimberly	Indoor Cycle Effie	Triple "X" Bootcamp Xavier	Indoor Cycle Effie	Triple "X" Bootcamp Xavier	
11:00a			Dance Fit LaTanya	Butts and Guts! Kim	Ab Lab Carmen		
11:30a		Body Flex Kimberly	Kickboxing L'laina	Pilates Effie	Body Flex Carmen	Step & Flex Kim	
12:15p		Step Susanne	Yoga Susanne	Indoor Cycle Ebony	Yoga Effie	TGIF Dance Party* Daniel	*Class begins at 12:30p. New attendees please come at 12:15p.
1:15p					Dance Party Instruction Class Daniel		
4:15p		Indoor Cycle Effie	Body Flex Floyd	TreadStrong Brianna	Kickboxing Susanne		
5:15p		Body Flex Effie	Tabata 25 Shan	Body Flex Effie	Tabata 25 Brianna		

Please bring a mat or towel and water bottle with you to class!!! All classes are in the 2nd floor Group Exercise Room unless otherwise noted.

We kindly ask that you BE ON TIME for classes as not to interrupt the instructor and to ensure you are properly warmed up to exercise.

Please be dressed in athletic shoes for classes (no flats or bare feet)!

The Kaiser Permanente Run/Walk is September 24th! CHFC's Group Exercise classes Kickboxing, Step, Tabata 25, and Indoor Cycle are all great cardio workouts to help prepare for the 5k.

Capitol Hill Fitness Center
Tel: 404-232-1573
dph-capitolfitness@dph.ga.gov
Hours of Operation
M-Th 6am - 7pm, Fr 6am -6pm

Fitness Center Manager
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For information on
DPH Worksite Wellness
Programs contact:

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